



November 2023

Daylight saving time ends Sunday, November 5
“Fall” your clocks back one hour.



Thanksgiving Thursday, November 23

The Center will be closed Thanksgiving Day and Friday, November 24.

Please join us Wednesday, November 22, at 12:45pm for a Day of Gratitude. We will share a lovely lunch at 12pm with a special dessert. Then take some time to talk about all that we are grateful for, after all we have so much!

Wednesday, November 22, Board of Directors meeting, 3:30-5:30pm at the Center. Open to Center members.

New Board Members ballot is enclosed.
Vote for your 2024 Board Members.



November is Native American Heritage Month

Native American Heritage Month, also referred to as the American Indian and Alaska Native Heritage Month, honors the remarkable Native Americans who have contributed to the character of our nation.



The Vashon Senior Center stands on the ancestral lands of the sɔ́wəbabs or Swift Water People, who inhabited Vashon-Maury Island for millennia. The Donation Land Claim Act encouraged large numbers of settlers to claim land, even before the Medicine Creek Treaty of 1854 extinguished Native claims to it. The sɔ́wəbabs were imprisoned on Fox Island during the Puget Sound Treaty Wars by the territorial government and later relocated onto the Puyallup Reservation. We acknowledge the people of the Puyallup Tribe whose stewardship of and relationship with Vashon-Maury Island continues today.

Puyallup Tribe artist, Daniel Baptista was commissioned to create a yard sign to honor the sɔ́wəbabs (Swift Water People), the indigenous people of Vashon-Maury Islands.

Happy Veterans Day! Saturday, November 11

Veterans Day is a federal holiday in the United States, observed officially on November 11, regardless of the day of the week on which it falls. **Join us Friday, November 10, 12pm, for a Veteran’s Day Lunch**, hosted by the local Scouts and FUN Committee. All Vets eat for FREE. Please make reservations by Wednesday November 8.



Happy Diwali! Sunday, November 12

Diwali is the Hindu festival of lights with its variations also celebrated in other Indian religions. It symbolizes the spiritual “victory of light over darkness, good over evil, and knowledge over ignorance.”

The Center needs individuals or teams to deliver lunches to homebound seniors Mondays, Wednesdays and Fridays, 11am-12:30pm. The lunches are ready to go, delivery routes are designed for easy drop off and takes about 1–1.5 hours. If you would like to help, once a month or once a week please contact Pamela Wickard, coordinator@vashoncenter.org or 206.463.5173.

PROGRAMS

In Center (C), via Zoom (Z), Trip (T) or Activity (A). Check our calendar for updated information.

Links to all programs and a full schedule of events for the month can be found on the Center website at vashoncenter.org/virtual-activities.

If you have a Friday program idea or if you would like to host a presentation in-person or on the Center's Zoom account, please contact Pamela Wickard at coordinator@vashoncenter.org or call 206-463-5173.

MONDAYS

(C) **Canasta:** 10–11:30am. Join the fun. Beginners welcome.

(C) **Bingo:** November 6, 1-2pm. Hosted by the FUN Committee.

(C) **Caricatures with River Morales:** November 13, 12:30-1:30pm. Join us the second Monday of the month, as River spreads his love for art through caricature drawings. A suggested \$10 donation.

(C) **Senior Saints Haircuts:** November 13, 1-3pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Book Group:** November 27, 1:30pm, *Book Thief* by Markus Zusak. Leader: Kris Cushing.

(C) **Birthday Lunch:** Monday, November 27, 12-1pm. We will be celebrating all our members who have birthdays in the month of November. Birthday Members eat that day for FREE. Please make a reservation.

TUESDAYS

(C) **NEW TIME — Smartphones with Rain:** 8:30am-10:15am. By reservation only. Please call the Center to make your 15-minute appointment.

(C) **Meals on Wheels (MOW):** 9:15–10:45am.

(C) **Scrabble:** 10am–12pm.

(C) **Knit Wits and Hookers:** 10:30am–12:30pm.

(C) **Pinochle:** 1–3pm.

(C) **Music Mends Minds:** 1:30–2:30pm.

(C) **Meditation class:** 4pm. Join Barney Munger, all levels welcome.

(C) **Library 2 Go:** November 21, 10:15am.

(C) **Vashon Duplicate Bridge:** 6:15–9:15 pm.

(A) **NEW — Vashon King County Library and Vashon Senior Center Intergenerational Book Group:** November 28, 6-7:30pm. Meet at the Vashon Library.

WEDNESDAYS

(Z) **Photography Club:** 10am. Share your passion for photography. Photographers of all skill levels and devices are welcome. Beginners and advanced photographers are fully supported. Please visit photoclubvsc.blogspot.com to see some of the Club's work.

(C) **Word Play:** November 1 and 15 with Margaret Roncone. Come join us with a notebook and pen to play with words.

(C) **Story and Tell:** November 8 and 29. 12:45pm. Join this delightful discussion after lunch.

(C) **Day of Gratitude:** November 22, 12:45pm. Enjoy special dessert and conversation.

(A) **NEW — Fundamentals of Tai Chi with Deena Eber:** 12:30 to 1pm, for beginners. Meet at the covered area in Island Center Forest at the west end of 188th Street. **SAME:** Then stay for Outdoor Tai Chi class, 1–2pm.

(C) **Party Bridge:** 1–3pm.

(C) **Computer Club:** November 8, 7pm. Join Michael O'Donnell, he will answer your computer questions.

(C) **Vashon Fire Department:** November 15, 12:30pm. Blood pressure check.

(C) **Board Meeting:** November 22, 3:30-5:30pm. Open to all members.

THURSDAYS

(C) **Low Vision Group:** November 2, 1pm.

(C) **Mah Jongg:** 1–3pm.

(C) **Watercolor class:** November 9 and 30, 2-4pm. Join Inge and Will, as they paint away the afternoon.

(T) **Trip:** Thursday, November 9, 8:50am. Tacoma Art Museum. See page 3 for more information.

FRIDAYS

(C) **Zumba:** 9–9:45am. Please join Ture and Mary for joyful dancing moves set to Latin style music.

(C) **Spinal Mobility and Decompression on the Chair in Center:** Zoom Option if requested in advance, 10-11am. No class November 3.

(C) **Talk:** November 3, 1pm. The Art of Face Reading: Join Lou Wood, as she explores and defines this fascinating technique. In the most honest way, the face says, "This is what I am, understand me and accept me in the only way I know how at this point of time." Explore with Lou the words, I am here to share this world with you as you do. There are very few that have ever looked at me as closely and with the interest and understanding that you do. For this I thank you for being my friend, for even those that have been with me for many years have not cared to notice me so closely.

(C) **First Friday Art Walk:** November 3, 5-7pm. The Center's Watercolor Group.

(C) **Veterans Lunch:** November 10, 11:45am-1pm. Hosted by the local Scouts and the FUN Committee. Vets eat FREE, please RSVP.

(C) **Talk:** November 10, 1pm. After a short program by our local Scouts Group. Bruce Haulman of the Vashon Heritage Museum will talk about the Veteran Memorials on Vashon.

PROGRAMS Continued

(C) Song Bath by the Threshold

Choir: November 10, 2-3pm. Vashon Threshold Choir will offer their service to anyone who would like to receive a song bath. Come and experience harmonious singing while you relax on a chaise lounge chair.

(C) Talk: November 17, 1pm: Join Rondi Lightmark, a professional writer, founder of The Whole Vashon Project environmental group, and best known to the Senior Center as the creator of the popular "Dogs in Cars" greeting cards. She will share the recent publication of her memoir *The Difference Between Seeds and Stones*. See page 7, for more information.

(C) Talk: November 24 — CLOSED

SATURDAYS

(A) Wild Walkers: November 4, 10am. We are planning to walk the trail in Island Center Forest and see the Mukai Pond. Usually this trail isn't mucky, but we will have a Plan B if needed. We'll meet at the Senior Center at 10am to carpool or you can meet us at the trailhead at the west end of 188th Ave SW. Everyone is welcome to join us!

(C) Second Saturday Knitters: November 11, 10:30am–12:30pm.

Where are the links to the programs? On our website!

vashoncenter.org/virtual-activities

Scroll down to find your program, click the headline and voilà: there it is.

A friendly reminder, if you aren't feeling well, please stay home and take care of yourself. We appreciate you, and we care about our senior community.

WHAT'S NEW AT THE CENTER

Bingo: Monday, November 6, 1-2pm. Hosted by the FUN Committee. \$5 cash donation at the door for 5 games. Win prizes and enjoy some light refreshments.

NEW TIME — Tuesdays Smartphones with Rain: 8:30-10:15am. By reservation only. Please call the Center to make your 15-minute appointment.

Word Play: The first and third Wednesdays, November 1 and 15 with Margaret Roncone. Come join us with a notebook and pen to play with words! New poet laureate Margaret Roncone of Vashon will moderate a casual gathering to enjoy wordplay.

RESOURCES PROMOTING WELLNESS

ACCESS Bus Transportation 206-205-5000

Benefit Check up 1-888-435-3377

Bluebird Medical Transportation 206-485-4335

Meals on Wheels (MOW) Tuesdays 206-463-5173

Legal Clinic: Call T–Th 9am–12pm for appt. 206-267-7070

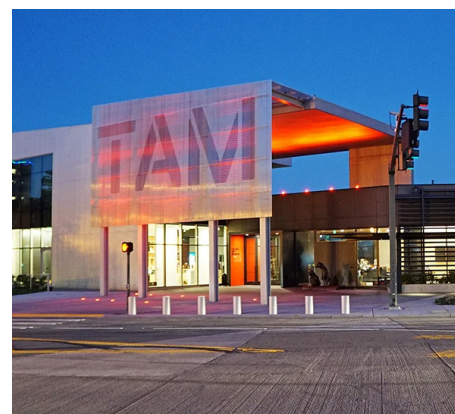
Senior Information and Assistance 206-448-3110

Senior Rights Assistance 206-448-5720

Vashon Care Closet 206-473-8715

Veterans' Services 206-612-2816

Village Program 206-485-4335



TRIP — Thursday, November 9, Tacoma Art Museum.

Meet at the Center 8:50am, to catch the 9:40 ferry at the South end. At the museum a docent will lead us on a 1.5-hour tour. You should feel comfortable walking and standing for the tour. Lunch will be at the museum café, and you'll pay for your own meal. Member cost: \$25. Non-Member cost: \$35. Members sign up Monday 11/1 and Non-Members sign up after 11/6.



Vashon Senior Center
10004 SW Bank Road
Phone 206-463-5173

Office Hours: Monday, Tuesday, Wednesday & Friday: 9am-3pm
Lunch: Monday, Wednesday & Friday: 11:45am, 11:30-ish for delivery
Menu subject to change with little or no notice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tofu and Veggies with Peanut Sauce V 10am Photo Club via Zoom 12:30pm Tai Chi Intro 12:45pm Word Play 1pm Tai Chi Outdoors 1pm Party Bridge 1pm FUN Committee	2 Closed 1pm Low Vision 1pm Mah Jongg	3 Tuscan Sausage & Kale Soup 9am Zumba 1pm Talk: Face Reading 5pm Watercolor Group First Friday	4 10am Wild Walkers
	6 Burgers and Potato Salad 10am Canasta 1pm Mah Jongg 1pm Bingo w/FUN Committee	7 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	8 Lentil Soup V 10am Photo Club via Zoom 12:30pm Tai Chi Intro 12:45pm Story and Tell 1pm Tai Chi Outdoors 1pm Party Bridge 7pm Computer Club	9 Closed Trip: 8:50am TAM 1pm Mah Jongg 2pm Watercolor	10 Stuffed Pork Loin with Potatoes and Veggies 9am Zumba 9am Spinal Mobility 10am Spinal Mobility 12pm Special Vets Lunch 1pm Talk: Scouts, Bruce Haulman 2pm Threshold Choir	11 10:30am Second Saturday Knitters
	13 Asian Chicken Noodle Salad 10am Canasta 12:30pm Caricature w/River 1pm Senior Saints 1pm Mah Jongg	14 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	15 Corn Chowder V option 10am Photo Club via Zoom 12:30pm VFD Blood Pressure Check 12:30pm Tai Chi Intro 12:45pm Word Play 1pm Tai Chi Outdoors 1pm Party Bridge	16 Closed 1pm Mah Jongg	17 Tuna Casserole 9am Zumba 10am Spinal Mobility 1pm Talk: Rondi Lightmark Book	18
	20 White Vegetarian Chili V 10am Canasta 1pm Mah Jongg	21 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	22 Chicken Stew 10am Photo Club via Zoom 12:30pm Tai Chi Intro 12:45pm Moments of Gratitude 1pm Tai Chi Outdoors 1pm Party Bridge 3:30pm Board Meeting	23 Closed Happy Thanksgiving	24 Closed	25
	27 Meatloaf and Mashed Potatoes 10am Canasta 12pm November Birthday Lunch 1pm Mah Jongg 1:30pm Book Group	28 8:30am Smartphones 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6pm Vashon Library Book Group 6:15pm Vashon Bridge Group	29 Ham and Scalloped Potatoes V option 10am Photo Club via Zoom 12:30pm Tai Chi Intro 1pm Tai Chi Outdoors 1pm Party Bridge	30 Closed 1pm Mah Jongg 2pm Watercolor		
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Rainbow BLINGO returns with a HOLIDAY Edition!

**Will you be Naughty or Nice... Saturday, December 2.
Doors Open 6pm, Bingo 7pm.**

Rainbow BLINGO was so fun we had to do it one more time! Join us for a fancy, festive winter treat at beautiful Camp Burton. Wear your Naughtiest or Nicest finery and get ready to play at the most fabulous fundraiser on Vashon!

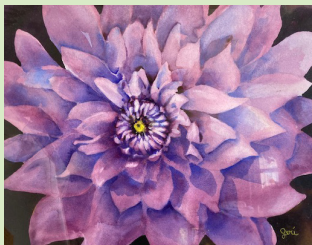
Our lovely hostess and chanteuse Louvel returns to host the evening. Hearty appetizers include pastry puffs and bacon wrapped dates from Camp Burton's chef, Pop Pop teriyaki skewers, and much more. Holiday Dessert Auction goodies will be spectacular, with donated sweet treats from Vashon businesses and Island bakers including Tom Conway, Penny Stapleton, Thea Vernoy, Mary Ann Beardsley, Molly Malone, Cristin Grey Malone and more to be revealed — plus we will be auctioning off a stunning handmade quilt donated by Andrea Avni. And of course, we'll have wine, beer and jello shots aplenty.

Tables and tickets are on sale NOW. Rainbow BLINGO sold out quickly in May, so get your tickets early! Visit vashoncenter.org to purchase tables and tickets and call the Senior Center at 206-463-5173 with questions.

Thank you to PSE for returning as our Premiere Sponsor, and thanks also to Camp Burton, Camp Colvos and Bandstand Music for their support!

If you would like to volunteer, contact Pamela Wickard at: coordinator@vashoncenter.org or call the Center 206-463-5173.

HOLIDAY RAINBOW BLINGO
VASHON SENIOR Center
Saturday, December 2
Doors 6pm
Bingo 7pm
at Camp Burton
926 SW Bayview Dr.
Vashon
— hosted by Louvel!
NAUGHTY or Nice?
(Which Will You Pick?)
SPONSORED BY PSE PUGET SOUND ENERGY Camp Burton Bandstand
A fundraiser for Vashon Senior Center
Tickets: vashoncenter.org
More Info: (206) 463-5173



New Artists Show—The Center's Watercolor Group Show

The amazing, awesome, watercolor group will be displaying current works of art at the Senior Center during the months of November and December. This show is not to be missed.

Stop at the Center to indulge your senses in some exquisite art. And join them First Friday, November 3, 5-7pm.



Happy Birthday to those celebrating in November.

If your birthday is in November, come on the last Monday of the month, November 27, 12–1pm. We will be having one big celebration.

And all November birthdays eat lunch for FREE on that day. Please RSVP.



Members Passing

Willoughby Greenwood
Dora Sohl

THANK YOU: Edie C for dairy products, Dave E for salad dressing, Thea V the cucumber queen for garden produce, Karlista & Doug R and Hazel N for pantry & medical items, Joe O for bags and egg cartons, CeeCee R for many pairs of reader glasses, Margaret B for handpicked, homemade apple-plum crisp, Rick M and Lynn C for garden produce, Mary Lee H and Marlyce D for notepads and cards, Charlene F for lovely tea varieties, David C for ketchup, Helene R for quilt and hobby supplies, Pat H for a puzzle, Cynthia Z for tablecloths and socks, and Frank S our generous cookie man.

Special thanks to Karen Bargelt for years of delicious cookies!

**Griever Library:
Coming soon to
Vashon Senior
Center**



A purple Book Box with a curved aluminum roof will soon be installed in front of Vashon Senior Center. Filled with a selection of free grief-related books, our Grievers Library will provide information, inspiration and hope to Vashon's bereaved children, teenagers, and adults navigating the challenging journey of losing a loved one.

Thank You King County!

We are grateful for King County grants which has graciously provided funding for the Center programming.



Thank You PSE

We are grateful to Puget Sound Energy which has graciously provided funding for the Center's newsletter and many programs.



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FAX 206.932.1876
EMAIL print@skyprinting.net
WEB www.skyprinting.net
ADDRESS 4151 Fauntleroy Way SW Seattle, WA 98126

Love Trips? Volunteer Needed

Volunteer needed to help organize trips for the Center beginning in 2024. Once a month work with Pamela Wickard to plan fun adventures for the Center. For more information: coordinator@vashoncenter.org.

Pinochle is Looking for More Players

They meet at the Center every Tuesday 1-3pm. Experience or no experience. They are happy to teach you how to play.

Friday, November 17, 1pm Talk: Rondi Lightmark

Join Rondi Lightmark, a professional writer, founder of The Whole Vashon Project environmental group, and best known to the Senior Center as the creator of the popular "Dogs in Cars" greeting cards.

In her talk, she will share the recent publication of her memoir *The Difference Between Seeds and Stones*, which is about the loss of her husband Jim 28 years ago when she was 48. It's not a conventional grief and loss memoir, she says, although it does cover the first year after her husband died. Rather than the well-known series of psycho/emotional steps in grief, such as Depression, Anger, Bargaining, etc. Rondi experienced her loss as a spiritual process that led to the creation of a new and much more hopeful understanding about death.

Come share the experience, Friday, November 17, 1pm at the Center. *The Difference Between Seeds and Stones* is discounted to \$15.00 and available through the Vashon Bookshop, as well as a Kindle for \$8.99 through Amazon.com. It has all 5-star reviews on Amazon and received a 2023 Nautilus book award.

Calling All Bookworms

Please join us Tuesday, November 28, 6-7:30pm at the Vashon Library, in partnership with the Vashon-Maury Senior Center for an Intergenerational Book Group Ages 13 and up. For more about the book selections and general information stop by the Center or Library, or visit: <https://kcls.bibliocommons.com/events/64e67a8e89f2e0360015e40b>

A Few Changes Are Coming to the Center in 2024

Vashon Senior Center is deeply grateful for the support of our members over the years — thank you! As most of us know, costs for everything (food, fuel, supplies, utilities) have been rising. In response to this, the Senior Center Board and Staff have been working to find sustainable revenue streams so that we can continue doing all we do.

To help with this, we are doing something we haven't done in a very long time (no one could remember the last time this happened). In 2024, we will be increasing two of our fees. Beginning in January 2024, our annual Membership fee will change from \$25 to \$35. We will also be raising our Lunch prices to \$6 for Senior Center Members and \$10 for Non-Members.

We show our appreciation for our members in several ways: Members get the first chance to sign up for events and trips plus discounts on ticket costs. We have a monthly birthday lunch on the last Monday of every month, where Members celebrating a birthday that month eat for free. We throw an annual Membership picnic every year as well as the annual Membership meeting. To this, we add the new Membership lunch discount, and a variety of daily programs.

We care about our members a great deal, and we hope many more will join us in the years ahead. As always, waivers are available for both Membership and lunches. If you'd like to request one, just ask Kathleen. Feel free to call the front desk or stop in anytime we're open.

Please know at the Senior Center, no one will ever be turned away for lack of funds.

If you have questions or concerns about these changes, please feel free to contact our Executive Director Maria Glanz by email (director@vashoncenter.org), phone, or stopping by the office.

Thank you for your continued support of Vashon Senior Center.



Vashon-Maury Senior Services
10004 SW Bank Road
P.O. Box 848
Vashon, WA 98070

Return Service Requested

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Vashon, WA 98070



2023 Board of Directors
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 Mary Ann Beardsley
 Kelly Bennett
 Deena Eber
 Steve Hildreth
 Molly Malone
 Ellen Stewart
 Mary Van Gemert
 Contact the Board: board@vashoncenter.org

NOVEMBER 2023 • Contact Us Phone: 206-463-5173 | Online: vashoncenter.org

Staff
 Maria Glanz, Executive Director
 Zoe Bennington, Business Manager
 Kathleen Hendrickson, Operations Manager
 Pamela Wickard, Volunteer & Program Manager
 Fran Brooks, BlueBird Coordinator & Village Manager
 Letitia Reason, Executive Coordinator
 Jamila Al Dahir, Monday & Friday Dessert Baker & additional Chef
 Chris Ramsell, Monday Chef
 Kate Huntley, Wednesday & Friday Chef
 Katherine Shedd, Bus Driver
 Jojo Weller, Village Assistant



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